

Claims

- [c1] A method for improving ergonomics for an individual in a workplace, the workplace comprising at least one item having at least one physically adjustable parameter, the method comprising the steps of:
 - assessing a comfort level of an individual;
 - applying at least one indicium to the at least one item for visually indicating a fit setting for the at least one physically adjustable parameter;
 - adjusting the at least one physically adjustable parameter of the at least one item to determine at least one ergonomically correct fit setting that optimizes the comfort level of the individual; and
 - recording the ergonomically correct fit setting indicated by the at least one coding indicium.
- [c2] The method according to claim 1 and further comprising the step of auditing the individual to determine whether the at least one physically adjustable parameter complies with the at least one ergonomically correct fit setting.
- [c3] The method according to claim 1 and further comprising the step of monitoring the individual to determine whether the individual is a high risk individual.
- [c4] The method according to claim 1, wherein the comfort level is determined by at least one of presence of discomfort, location of discomfort, intensity of discomfort, and frequency of discomfort.
- [c5] The method according to claim 1 and further comprising the step of providing to the individual a record of the at least one ergonomically correct fit setting and instructions for adjusting the at least one physically adjustable parameter to achieve the at least one ergonomically correct fit setting.
- [c6] The method according to claim 1, wherein the workplace is a traditional office

workplace.

- [c7] The method according to claim 1, wherein the workplace is a vehicle.
- [c8] The method according to claim 7, wherein the workplace is a tractor cabin of a tractor trailer.
- [c9] The method according to claim 8, wherein the at least one item comprises a steering column assembly.
- [c10] The method according to claim 9, wherein the at least one physically adjustable parameter comprises at least one of a steering column depth and a steering column tilt.
- [c11] The method according to claim 8, wherein the at least one item comprises a seat assembly having a seat and a seat back.
- [c12] The method according to claim 11, wherein the at least one physically adjustable parameter comprises at least one of the following: a seat assembly height, a seat back tilt, a seat rearward tilt, a seat forward tilt, a seat size, a seat assembly depth, and a seat back support levels.
- [c13] The method according to claim 11, wherein the seat assembly further comprises an armrest, and the at least one physically adjustable parameter comprises at least one of an armrest tilt and an armrest height.
- [c14] A system for improving the ergonomics for an individual in a workplace, the workplace comprising at least one item having at least one physically adjustable parameter, the system comprising:
 - a survey of input data comprising at least one of: (1) physical characteristics of the individual, (2) characteristics of at least one task performed by the individual, and (3) characteristics of at least one environmental feature of the

workplace, wherein the survey is conducted through the Internet; a determination of at least one preferred setting for the at least one physically adjustable parameter of the at least one item in the workplace based at least in part upon the input data collected in the survey; and an adjustment of the at least one physically adjustable parameter of the at least one item to the preferred setting based upon the results of the determination.

- [c15] The system according to claim 14 wherein the determination further comprises a recommendation of a new or replacement item for the at least one item in the workplace.
- [c16] The system according to claim 14, wherein the workplace is a school.
- [c17] The system according to claim 16 and further comprises at least one indicium on the at least one item for indicating a setting of the at least one physically adjustable parameter.
- [c18] A method for improving the ergonomics for a student in a school, the school comprising at least one item having at least one physically adjustable parameter, the method comprising the steps of:
 - requesting data associated with the student through a survey on the Internet;
 - determining at least one preferred setting for the at least one physically adjustable parameter of the at least one item in the school based at least in part upon the data collected in the survey; and
 - communicating the at least one preferred setting to at least one individual at the school for adjusting the at least one physically adjustable parameter of the at least one item to the preferred setting based upon the results of the determination.
- [c19] The method according to claim 18 and further comprising the step of providing at least one indicium for the at least one item to visually indicate a setting for

the at least one physically adjustable parameter.

- [c20] The method according to claim 19 wherein the at least one item comprises at least one of a seat and a table, and the at least one physically adjustable parameter comprises at least one of a seat height and a table height.